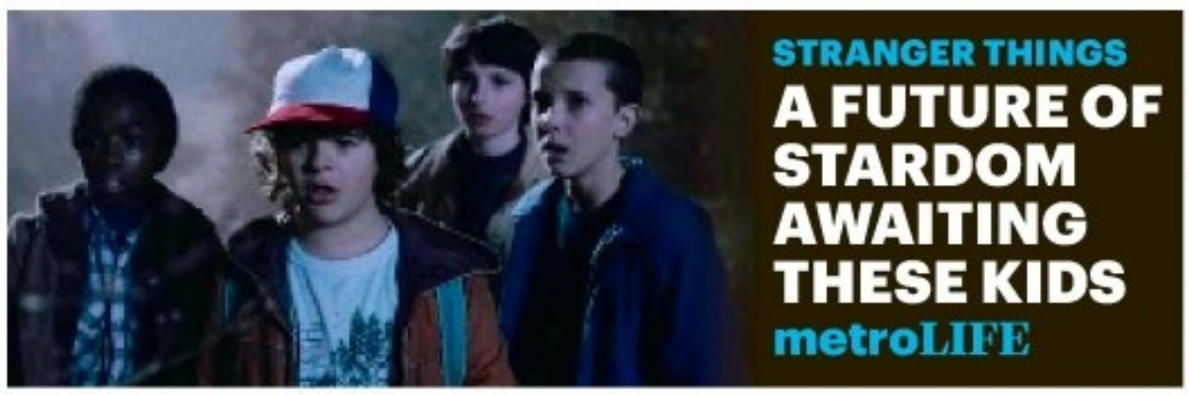
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Varsity
GREAT DEALS ON PAGE 17

Calgary metro

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KING OF THE SKYLINE

Calgary going crazy for monster movies
metroNEWS

Police at Pride up in the air

LGBTQ

Organizers to consult public on parade presence

Helen Pike
Metro | Calgary

Although some officers may be proud to wear uniforms at Calgary's Pride celebrations this year, their participation is up in the air.

Calgary's queer and people of colour community has started conversations about CPS participation in the annual parade, leading pride organizers to seek consultations on any requests the community might have regarding CPS's participation.

Craig Sklenar, director of government affairs, said they would like to have consultation on any requests that arise.

"There's always dialogue with our community and these are the emerging issues that are coming out," he said.

Trent Warner, who wrote an open letter on behalf of the community asking for police to be omitted from celebrations, has muted his tone since, stating he was wrong to speak on behalf of the LGBTQ folks. But he stands by the need for consultations.

"Police presence is necessary to ensure the parade is safe," he said. "But it's also important to consider not everyone has positive experiences with the police, and their presence can be a triggering one for those who have felt the brunt of police brutality or systemic racism, homophobia, or transphobia."

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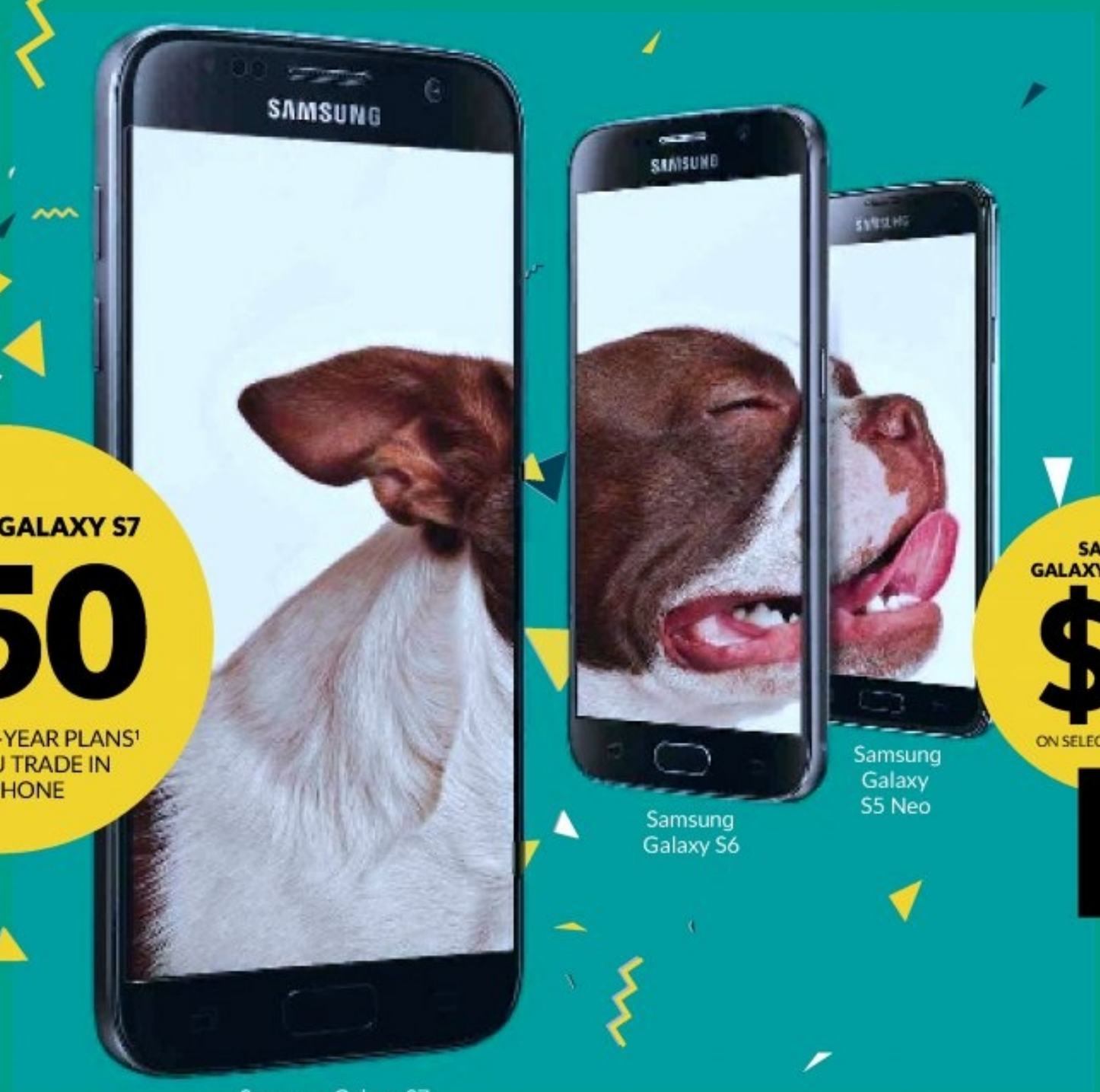

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metro NEWS

Your essential daily news

'There has to come a point at which you say enough.' **World**

ENVIRONMENT

Weather 'biblical' this year

In a country known for episodes of extreme weather, even Environment Canada's senior climatologist is shaking his head over the flurry of bad weather hitting the Prairies this year — most notably in Alberta.

David Phillips, who has been on the job for five decades, said the 2016 weather season isn't likely to be one that especially Albertans and others on the Prairie will look back on fondly.

He said the number of tornadoes, winds, hail, thunderstorms and humidity are up in all three Prairie provinces but nobody has had it worse than those living in northern and southern Alberta.

"You saw the terrible thing in Fort McMurray. My God, I'm sure they were wondering would the locusts be next. I mean, it's so biblical," said Phillips.

Over the weekend the municipality activated its emergency operations centre to deal with flooding after receiving around 85 millimetres in just two hours. THE CANADIAN PRESS

ENERGY

On Page 6 of the Aug. 2 edition of Metro, a secondary headline on the story "Carbon levy hike has industry upset" mistakenly referred to Enron instead of Enmax.

New payday loan laws taking effect

MONEY LENDING

New rules require shops to reduce interest costs

Jeremy Simes
For Metro | Calgary

Boisterous payday-loan ad-signage along International Avenue appeared to be out of sight Tuesday afternoon, the day many stores re-opened under new government laws that reduce interest rates heavily.

The new law caps fees in payday loans at $15 per $100 borrowed, down from the current $23 per $100 borrowed.

The new rate pegs Alberta with having the lowest cost of borrowing.

Allan Shantz, who has been running his mom-and-pop loan shop Call 4 Cash for 16 years, says he'll be getting out of the payday loan business.

Gathering paperwork in his office, he pointed out his gross income has been significantly reduced.

"I have to do something different. I'm not sure what that is," he said. "It was a total shock."

The goal of the lower interest rate, according to Service Alberta Minister Stephanie McLean, is to ensure Albertans who must use the service have more money in their pockets to better support themselves or their families.

Allan Shantz says he'll be getting out of the payday loan business due to reduced gross income.
JEREMY SIMES/FOR METRO

McLean has acknowledged some cash shops will close as a result of the legislation as some shops' business models aren't viable at less than 600 per cent.

"We have put an end to 600 per cent interest rates, which are predatory payday loan interest rates," McLean told reporters Tuesday.

But Tony Irwin, president of the Canadian Payday Loan Association, said he's questioning where people seeking cash will go if there aren't shops offering services.

He said lenders may not be able to provide the same number of loans, and may have to offer them differently than before.

To answer Irwin's question, in part, is that payday loan-like programs will be offered by credit unions.

First Calgary, in particular, will be offering its Cash Crunch program at rates of 19 per cent with a repayment period of up to 18 months on amounts of $500 to $1,500.

Timothy Afolayan, who was part of the program after finding himself in mounds of payday-loan debt, applauded the government for the new law, saying he much preferred the program over dealing with payday loans.

But if borrowers don't qualify for Cash Crunch, they may be forced to get loans online, which are unlicensed, Irwin suggested.

That also has Shantz up in arms.

"That's where people are going to have to go," he said. "With online, you don't know who you're dealing with. It's unfortunate."

POLICE

Young girl dies

A family in southern Alberta is mourning the death of a six-year-old girl who was found unconscious in a water-filled dugout.

Lethbridge Police say the girl's body was found Monday afternoon.

The girl could not be revived despite the efforts of relatives and medical staff.

An autopsy is to be performed in Calgary.

Police say the girl's death does not appear to be suspicious. THE CANADIAN PRESS

RETAIL

Nordstrom expanding

As part of its continuing expansion into Canada, Nordstrom Inc. announced plans Tuesday to open new locations of its discount Nordstrom Rack brand in Calgary and Vaughan, Ont., by spring 2018.

Nordstrom Rack is part of the upscale department store's off-price retail division, with products discounted by 30 per cent to 70 per cent off Nordstrom's regular store prices.

The new 30,500-square-foot Calgary site would be situated at the Deerfoot Meadows shopping centre 10 kilometres south of the downtown.

The Seattle-based retail giant first announced plans to expand to Canada in 2012 and to date has opened three of its regular, full-line stores in Calgary, Ottawa and Vancouver. THE CANADIAN PRESS

Student leaders applaud grant changes

EDUCATION

Increases to fed program to replace some tax credits

Alex Boyd
Metro | Edmonton

Student leaders are applauding changes to a federal grants program that will replace some tax credits with grants for students from low and middle-income families.

Starting August 1, Canada Student Grants went up 50 per cent, to $3,000 per year for full time students from low income families, and $1,200 for middle income students.

This replaces the Education and Tax Credits, which used to kick in when students started to draw paycheques. But student associations in Edmonton say the change allows students to access money sooner — at a time when they're actually paying tuition.

"The old system with tax credits tends to help people who aren't as strapped for cash and aren't having as much trouble paying for education," said Fahim Rahman, Student Union president at the University of Alberta.

"Finances can be a huge barrier," he said "We don't think finances should deter anyone."

Also starting in November, students won't have to make repayments on federal loans until they're earning at least $25,000 per year.

Dexter Bruneau, chair of the Council of Alberta University Students (CAUS) and a student at Mount Royal, said that federal loans account for about 60 per cent of the money borrowed by a student in Alberta, so this helps ease financial burdens on students locally.

He points out allocating funds with grants rather than tax credits is something the Canadian Alliance of Student Associations has long pushed for, so he's glad the federal government listened.

"It's really just reallocation of funds that are already there for students, but it's done in a way that makes post-secondary education more accessible for people."

Now he said CAUS would like the provincial government to do the same.

> **We don't think finances should deter anyone.**
> Fahim Rahman

COUNCIL EXPENSES 2016

Colley-Urquhart, Farrell least costly

Brodie Thomas
Metro | Calgary

Councillors' expense reports for the first six months of 2016 are up on the city's website, but at least one councillor says the bottom line doesn't necessarily tell the entire story.

At first glance, Ward 6 Coun. Druh Farrell spent the least of the 14 councillors — $3,322.

Aside from bringing in a temporary assistant on contract, Farrell's biggest expense was her phone bill, at $822.

However Ward 13 Coun. Diane Colley-Urquhart actually spent less than Farrell — $2,572 over six months.

Her balance sheet shows her spending $4,217, but she paid back one expense for promotional bracelets out of her own pocket — a fact confirmed by her office manager.

Ward 8 councillor Evan Woolley has spent the most six months in at $24, 258, with his largest line items being printing and communications.

Each councillor is budgeted $283,000 to spend on staff salaries and various expenses, including meals and travel.

The online reports do not show full or part-time staff salaries. Having those numbers could change the rankings entirely.

Each councillor can set his or her own budget on line items within certain limits. For instance, no councillor can spend more than $10,000 per year on travel, but setting a lower number helps one stay on target for year-end.

Ward 1 Coun. Ward Sutherland — who was firmly in the middle of the pack on his spending of $13,042 — said the numbers alone don't tell the whole story. "From a business perspective, I don't get excited. It's apples and oranges from ward to ward," he said.

He said many councillors are justified in having more assistants, because growing and changing wards may have more public meetings, complaints and concerns than established wards.

He said the December expense numbers are much more meaningful, and regardless, no councillor can go over their allotted budget.

Councillor Diane Colley-Urquhart. METRO FILE

IN BRIEF

Housing market continues cooling trend as sales drop

Calgary's real estate picture continues to dip with a 20th consecutive month of declining home sales in July.

The Calgary Real Estate Board said Tuesday that sales activity totalled 1,741 units last month, for a 12.6 decrease over last year.

Total detached home sales were down slightly less at 9.2 per cent, but with only 6,908 sales so far this year activity is 22 per cent below the 10-year average and at the lowest level since 1996.

Calgary's benchmark price, which aims to represent the price of a typical home, dropped only $400 from June, but at $440,000 is down 4.16 per cent from July 2015.

THE CANADIAN PRESS

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CALGARY UNDERGROUND FILM FESTIVAL

Monster movies are taking over rooftop

What's that towering over the Calgary skyline? Kiss your loved ones and weep before the glory of the King of Monsters himself, as Godzilla storms down 9th Avenue — oh wait, it's just a movie.

A movie being shown well above ground level, that is!

The Calgary Underground Film Festival is celebrating giant monsters this month by screening Godzilla vs. Destoroyah and Big Man Japan — on the rooftop of the Marriott Hotel.

"We wanted something people would enjoy coming out to see again if they've seen it already," said Festival Director Brenda Lieberman. "The biggest thing, whether it's a festival, event or group screening, people love being able to watch movies together."

She said the experience leads to much more 'enthusiasm' from the audience when Godzilla's nuclear energy increases and he begins melting downward to the planet's core.

The other monster movie screening, Big Man Japan, was actually shown at CUFF a few years ago. Following a middle-aged slacker living in a slum, he occasionally transforms into a stick-wielding giant who protects Japan from monsters.

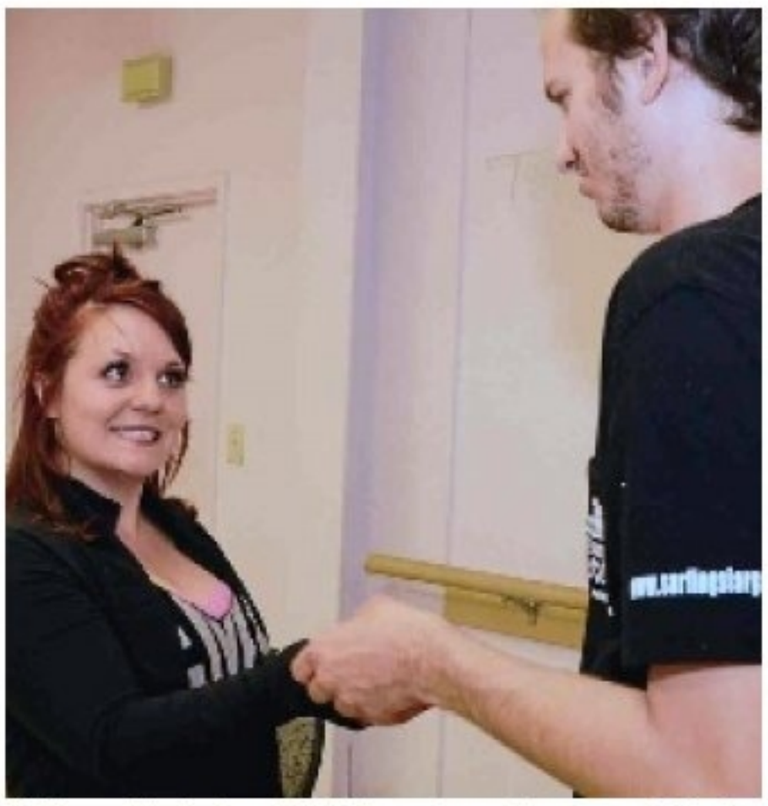
Too bad the citizens he protects can't stop complaining about the noise and property he damages.

Each showing will be accompanied by a local band with a style of music chosen to enhance the spectacle on the screen.

Lieberman said Calgarians love their monster movies, and they like to do special programming that matches the location. CUFF previously paired Tremors at the Big Rock, and western films at Calgary's Wild Wild West.

Godzilla screens Aug. 10 and Big Man Japan on Aug. 24 at the Marriott — both are free.

AARON CHATHA / METRO



Caitlynne Medrek and Chris Bugg star as the guy and girl who just can't seem to close the deal. AARON CHATHA / METRO

Show deals with how to not get some

STAGE PRODUCTION

Self-image, rejection among themes discussed

Aaron Chatha
Metro | Calgary

Matt Dewald is an expert in not getting laid.

He's so much of an expert, he wrote a show about it in 2012 — and now he's bringing it back, by popular demand.

Dewald said he was looking to write a piece that was very honest, and true to himself. He used his own real-life experiences as a launching pad, whittled it down to stories and conversations by two characters — a man and a woman — and the result was How To Not Get Laid.

"There's a lot of heart to it," said Dewald. "It discusses themes of self-image, rejection, disappointment and missed opportunities."

Dewald doesn't shy away from admitting that much of the male character's stories are based on his own life — while writing from a woman's perspective became a bit of a challenge, he tried to remain as honest as possible.

"For example, she has one story about running off to meet her boyfriend in Barcelona," he said. "I've never done that myself, but I've been to Barcelona, and I've experienced the same thing she experiences at the end of that — but I won't ruin the rest of that scene for you."

Since the show talks about sex so openly, Dewald thought it would be a natural fit to partner with the Calgary Sexual Health Centre for the production.

They happily jumped on board.

With every playbill they hand out before the show is a card for Calgary Sexual Health and a condom.

Which is kind of funny, because the show is primarily about the best contraceptive of all: simply not having sex altogether.

But not for lack of effort.

Dewald said the point of the show isn't to be educational, but for the audience to empathize with a cast of great characters.

But it's still a beneficial partnership.

"In our efforts to normalize sexuality and sexual health, productions like this one are one way to start a conversation," said Roseline Carter, Calgary Sexual Health Centre director of programs, in a release.

Shows begin on Aug. 5 at the Loose Moose Theatre Space. Tickets are available through brownpapertickets.com.

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Reshaping immigration

GOVERNMENT

Experts say federal report must address four key gaps

Having inherited an immigration system plagued with backlogs and heavy-handed enforcement, the Liberal government says it's keen to hear what you think needs to be done about Canada's immigration future.

Since the beginning of the summer, Immigration Minister John McCallum and his parliamentary secretary, Arif Virani, have held more than two dozen roundtable meetings across Canada with settlement services organizations, businesses and community groups.

While the final report won't be ready until the fall, Torstar News Services interviewed a group of immigration experts to weigh in on the national dialogue by identifying gaps in the system and offering solutions.

Jasmyne Bowen waves her Canadian flag while sitting on her cousin's lap during the citizenship ceremony for 37 new Canadians in Guelph in July 2013. TONY SAXON/TORSTAR NEWS SERVICE

Meaningful and accessible citizenship

Andrew Griffith, a former director general at the immigration department, said Canada largely has its immigration policies and programs right, but an independent review by a royal commission would be helpful.

Griffith said Ottawa must set targets for naturalization as a benchmark, to assess whether its policies strike the right balance in making citizenship accessible and meaningful.

Family reunification key to immigrants' success:

Debbie Douglas, of the Ontario Council of Agencies Serving Immigrants, said Canada's immigration program should be guided by the principle of nation-building. And the best way to support newcomers is to support family reunification through faster processing.

"We believe family reunification should be increased to 40 per cent of total immigration numbers," she said.

"Canada should also prioritize refugee family reunification and invest the needed resources to reduce processing delays in refugee family sponsorship."

Foreign workers, migrants need access to permanent residence:

Harald Bauder, director of Ryerson University's graduate program in immigration and settlement studies, said the success of Canada's annual intake of immigrants depends on the government's willingness to fund the settlement sector.

With proper resources, he said, Canada could welcome far beyond 1 per cent of its population annually.

The 1 per cent solution for growth and prosperity:

The Conference Board of Canada said immigration is the backbone of the country's population growth and Canada could admit up to 1 per cent of its population in immigrants each year, for its economic prosperity.

"To go beyond the 1 per cent annual level of immigration, Canada would need to rethink its allocation of resources and strategic plans for helping to spread settlement across the country and outside of major cities," the board said in a response prepared by vice-president Michael Bloom and research associate Kareem El-Assal. THE CANADIAN PRESS

IN BRIEF

Agency urges caution as Zika hits U.S. mainland

The Public Health Agency is telling pregnant Canadian women who visited the Miami area in Florida on or after June 15 to take precautions against the Zika virus.

The warning comes after U.S. health officials said mosquitoes have apparently started spreading Zika on the U.S. mainland. THE CANADIAN PRESS

Ontario NDPer drops out of federal leadership race

Ontario New Democrat Cheri DiNovo is pulling out of the federal NDP's leadership race because of health reasons.

DiNovo, a member of the Ontario legislature, issued a statement saying she suffered what doctors believe were two small strokes in recent weeks, which she called "a terrifying ordeal."

The veteran NDPer says she needs to spend the next month or so focusing on her health so she'll be able to return to the Ontario legislature for the fall sitting. THE CANADIAN PRESS

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Obama calls Trump 'unfit' to be president

PRESIDENTIAL RACE

U.S. leader says it's time for Republicans to cut ties

U.S. President Barack Obama speaks about Donald Trump at a press conference Tuesday. SAUL LOEB/AFP/GETTY IMAGES

In a searing denouncement, President Barack Obama castigated Donald Trump as "unfit" and "woefully unprepared" to serve in the White House. He challenged Republicans to withdraw their support for their party's nominee, declaring, "There has to come a point at which you say enough."

While Obama has long been critical of Trump, his blistering condemnation Tuesday was a notable escalation of his involvement in the presidential race.

Obama questioned whether Trump would "observe basic decency" as president, argued he lacks elementary knowledge about domestic and international affairs and condemned his disparagement of an American Muslim couple whose son was killed while serving the U.S. Army in Iraq.

A chorus of Republicans has disavowed Trump's criticism of Khizr and Ghazala Khan and the Republican nominee's calls to temporarily ban Muslims from coming to the U.S. But Obama argued that isn't enough.

"If you are repeatedly having to say, in very strong terms, that what he has said is unacceptable, why are you still endorsing him?'" Obama asked during a White House news conference. "What does this say about your party that this is your standard-bearer?"

No prominent Republican lawmaker responded to Obama's challenge.

Sen. Mark Kirk, who is facing a tough re-election fight in Illinois, rescinded his endorsement of Trump in June after the GOP nominee criticized an American-born judge's Mexican heritage. Others, including Senate Majority Leader Mitch McConnell and House Speaker Paul Ryan, have broken with the nominee on individual issues but continue to back his candidacy.

Instead, it was Trump stunningly withholding his support from top GOP lawmakers, including House Speaker Paul Ryan.

Democratic nominee Hillary Clinton sees GOP concerns about Trump as an opportunity to reach out to party moderates — particularly women — who may be so upset by the nominee that they're willing to look past policy differences and questions about Clinton's character.

THE ASSOCIATED PRESS

PARTY DIVISION

Nominee refuses to endorse key figures

As Republican loyalists continue to flee, Donald Trump ignited new party tensions Tuesday by refusing to endorse House Speaker Paul Ryan or a pair of senators seeking re-election, a remarkable display of party division just three months before Election Day.

The Republican presidential nominee told The Washington Post he's "just not quite there yet," when asked about an endorsement of Ryan, who faces a primary election next week. In doing so, he echoed the House speaker's comments of almost three months earlier, when the Wisconsin congressman was initially reluctant to embrace Trump as his party's standard bearer.

Also Tuesday, the woman who helped shape New Jersey Gov. Chris Christie's national image declared that she's voting for Clinton.

> We are at a moment where silence isn't an option.
> Maria Comella

"As someone who has worked to further the Republican Party's principles for the last 15 years, I believe that we are at a moment where silence isn't an option," former Christie senior aide Maria Comella told CNN.

They join dozens of high-profile GOP leaders who have previously said they would not vote for Trump, including the party's 2012 nominee, Mitt Romney, and former Florida Gov. Jeb Bush.

Paul Ryan ASSOCIATED PRESS

A day earlier, Sally Bradshaw, an architect of the Republican National Committee's 2013 Growth and Opportunity report, said she's leaving the GOP. Her decision to leave the party rocked those who make politics their profession.

"Trump has moved in exactly the opposite direction from our recommendations on how to make the party more inclusive," said Ari Fleischer, who worked with Bradshaw and was a senior adviser to President George W. Bush. THE ASSOCIATED PRESS

Hope remains for trade deal

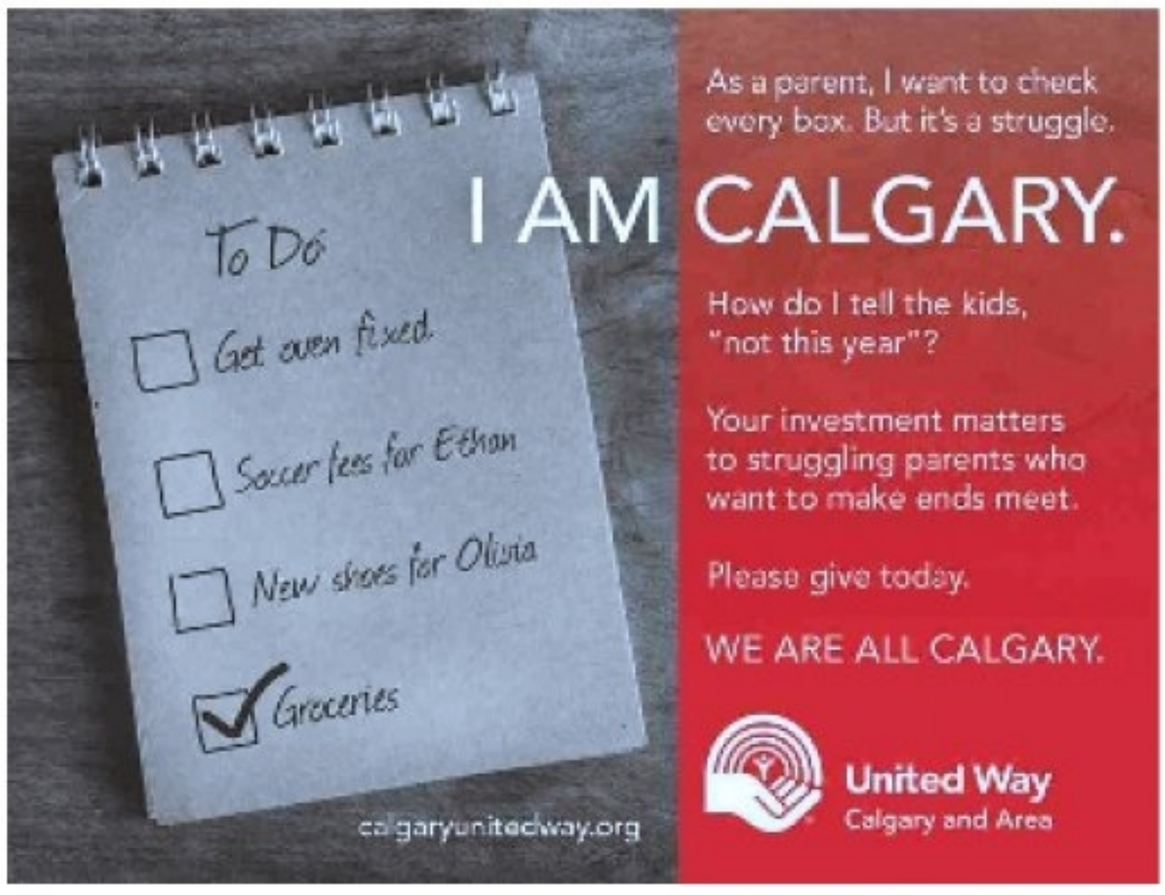
Barack Obama says he plans to save the 12-country Trans-Pacific Partnership trade deal during the two-month post-election period known as the lame-duck session, when the outgoing administration and lawmakers briefly remain in office.

In a news conference Tuesday, the president said the deal might stand a better chance of passing once the heated anti-trade rhetoric of this election season has been given time to cool down.

"Hopefully, after the election is over and the dust settled, there will be more attention to the actual facts behind the deal and it won't just be a political symbol or a political football," Obama said, standing with the prime minister of Singapore.

"I will sit down publicly with (lawmakers), and we will go down through the provisions. I would enjoy that, because there is a lot of misinformation. I am really confident I can make the case that this is good for American workers and the American people."

THE ASSOCIATED PRESS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ISTOCK

Ready to save?

How to start planning — and saving — for retirement

Sean Deasy

Retirement signals some big changes. Chief among these is a potentially uncertain income. Despite this, some Canadians don't steer serious savings toward their post-career life until their 40s — or even later. Why not ratchet up your savings right now? It's the cornerstone of your retirement plan.

If you began socking away income in your 20s rather than your 40s, you'll clearly have more cash in retirement. But whether or not you got that early start, there's no time like the present to embrace the principals of saving. Determine where you spend your money on a daily, weekly or monthly basis, and then either budget or track your expenses. Understanding how much and where you spend your savings is the basis of an enduring financial plan.

Start an automatic savings plan. Have some funds come off each paycheque and automatically deposited into your bank account. Most people tend to spend first and try to save whatever they have left over. The best plan, especially for large-scale saving, is the opposite: save first and then live on the remainder.

Paying off debt entirely prior to retiring is a challenge for many Canadians. Those who enter into retirement in the red risk being tethered by a debt load that will only grow. Try to resist using your credit cards unless you pay them off unfailingly, and recognize that you one day might not have the lifestyle you enjoy today.

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Ready to retire?

Your financial plan is in place. What now?

ISTOCK

Sean Deasy

You've stockpiled enough savings to make sure your retirement will be financially comfortable. But what will those golden years look like? You've already done the hard part — long-term financial planning is the key to living the life you've always wanted. But there are other considerations, too:

Going from full-time employee to full-time retiree can be a shock for some. To prepare yourself, get educated. Read books and blogs on retiring happily or, better yet, find a mentor who's currently flourishing in retirement. Mine them for tips and advice on how they've transitioned. Are you interested in part-time employment or full-time volunteering, or a combination of the two? A good mentor has likely found the right balance.

Enjoying a good quality of life largely depends on maintaining good health. Regular exercise is one key: staying active can prevent health problems, keep bones strong and boost your mental well-being. (If you've never been into athletics, recruit an activity partner for a built-in incentive.) Maintaining a healthy diet and having regular medical check-ups are also must-dos. You'll need energy to enjoy everything you'll have time for in retirement.

Your savings are solid, but how are your investments? Combining your existing nest egg with other sources of income, such as a Retirement Income Fund (RIF), can create a healthy, tax-efficient income stream. Retirement is all about minimizing uncertainty. An RIF lets you determine how much income you withdraw yearly from your savings —flexibility you'll appreciate for the adventure ahead.

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Earth feeling the heat

CLIMATE

Report says 2015 was the hottest year on record

Earth's fever got worse last year, breaking dozens of climate records, scientists said in a massive report nicknamed the annual physical for the planet.

Soon after 2015 ended, it was proclaimed the hottest on record. The new report shows the broad extent of other records and near-records on the planet's climatic health. Those include record heat energy absorbed by the oceans and lowest groundwater storage levels globally, according to Tuesday's report from the National Oceanic and Atmospheric Administration.

"I think the time to call the doctor was years ago," NOAA climate monitoring chief Deke Arndt, co-editor of the report, said in an email. "We are awash in multiple symptoms."

The 2015 State of the Climate report examined 50 different aspects of climate , including dramatic melting of Arctic sea ice and glaciers worldwide. A dozen different nations set hottest year records, including Russia and China. South Africa had the hottest temperature ever recorded in the month of October: 48.4 C.

Even though it was a relatively quiet hurricane year in the Atlantic, there were 36 major tropical cyclones worldwide — 15 more than average, said NOAA climate scientist Jessica Blunden, co-editor of the report published Tuesday. THE ASSOCIATED PRESS

Children play as they cool down in a fountain beside the Manzanares river in Madrid last year — a year that saw dozens of climate records broken. ANDRES KUDACKI/THE ASSOCIATED PRESS FILE

IN BRIEF

Turkish president blames West for attempted coup

Turkish President Recep Tayyip Erdogan once more blasted unnamed Western countries Tuesday for what he said was support for the attempted coup on July 15 that left more than 270 people dead.

"The West is supporting terrorism and taking sides with coups," Erdogan said, adding that forces unhappy with Turkey's rise as a regional power were behind the coup.

Erdogan also repeated a complaint that no foreign leader had visited Turkey after the failed coup, while France and Belgium received visits in solidarity after terror attacks there.

THE ASSOCIATED PRESS

India battered by heavy monsoon rains

The death toll in flooding from heavy monsoon rains in India has climbed past 90, with about a million people taking shelter in government-run relief camps, officials said Tuesday.

Incessant downpours have damaged swaths of land, uprooted trees and snapped telephone cables in dozens of districts in the states of Bihar in the east, Assam in the remote northeast and Himachal Pradesh in the north.

A total of 96 people have been killed in the flooding in the three states over the past week, according to state officials.

THE ASSOCIATED PRESS

ITALY

Knox accomplice seeking new trial

Lawyers for a man from the Ivory Coast who is serving 16 years in an Italian prison for the 2007 murder of a British student are seeking a new trial.

Rudy Hermann Guede was convicted of the slaying of Meredith Kercher in Perugia, Italy, where she was sharing an apartment with U.S. student Amanda Knox. Guede has denied killing Kercher.

Italian media said the lawyers filed the request Tuesday, contending their client is innocent. They also noted Knox and Raffaele Sollecito, who steadfastly proclaimed innocence, were definitely acquitted last year by Italy's highest criminal court.

Guede's conviction ruled he committed homicide "acting with others," but he's the only one to be definitively convicted of Knox's slaying.

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ROSEMARY WESTWOOD
ON A CYCLE OF FEAR

We are not engulfed in anti-immigrant sentiment but we still hear the old chestnuts ('Go back where you came from!') delivered with an urgency that belies how familiar the process of welcoming newcomers really is.

Anti-immigration calls enveloping the U.S. election and destabilizing politics in Europe contain a common urgency.

Common, but deceptive. The urgency is actually old and recycled. It's contained in anti-immigration calls over centuries, addressed in a Shakespeare monologue that calls for an angry mob to put itself in the foreigner's shoes, exemplified by discrimination and hatred shown to Irish, Italians and Polish in North America in decades past. The urgency is apocalyptic. It signals a swift-stalking doom. It promises the end is pretty much already nigh, the fears already realized.

And it was the tenor of public sentiment here, fifty years ago, when Matilda, an Armenian from Aleppo, Syria, arrived in Canada.

"Back then it was nothing to say, 'Go back where you came from,'" she said, sitting in a chair in the centre of the corner shop she runs in Toronto's Little Italy, an odds-and-ends buffet of household items supplied entirely by her not large, but largely hoarding family ("One even keeps gum wrappers!").

There are teacups, silverware, running shoes and a floral kimono (which brought me in), a vintage Madonna magazine, art prints, and the sense that anything might be unearthed. But Matilda herself is far more interesting. She sat near a fan ("I hate the heat") and I found myself sitting in the chair beside her, which I now imagine she keeps for visitors, expected or otherwise.

"Do you know what a DP is?" she asked, then answered: "Displaced person."

When Matilda and her husband arrived in Toronto, they rented an apartment while her husband, who had already studied to become a pharmacist in Rome, went back to school to earn Canadian credentials while working night shifts at a hospital pharmacy.

"You DP's," their neighbour told them one day, repeating a phrase echoed through history: "You come here and take all the jobs."

A CANADIAN TRADITION Former Conservative immigration minister Jason Kenney is seen in 2010 at a press conference where he announced an increase in Canada's refugee quotas. CP FILE

For forty years, Matilda's husband ran a pharmacy in this shop, and the pink neon "pharmacy" sign still glows over a clothing rack. He died suddenly one day at work eight years ago, and no one wanted to buy the little pharmacy, she said. So, two months later, Matilda opened the reimagined shop.

She thinks Toronto has changed immensely since they arrived, grown in diversity and diminished in discrimination. And yet, last year, during the height of the niqab debate, a Conservative MP was chastised for telling Muslim women to "stay the hell where you came from" if they seek to cover their face during citizenship ceremonies.

That same old chestnut.

Which is not to say we are also engulfed, like U.S., or the U.K., or Europe generally, in anti-immigrant sentiment. Eight in 10 Canadians think immigration is good for the economy, and more than half disagree with the statement that immigration levels are too high, according to an Environics Institute survey from 2015. Even our right-wing politicians are believers. When Jason Kenney, a former immigration minister, announced his campaign to unite and lead Alberta's right-wing parties, he played up immigrants' positive impacts on this country. His former colleague, MP Michelle Rempel, has been hammering away at the Liberal government for not fast-tracking Yazidi refugees from Iraq.

But Canada has something that others do not: control. It's difficult to travel to this country, bordered as it is on three sides by forbidding oceans and on the fourth side by the U.S.

Immigrants brought here, under a fairly well-functioning program, are often highly skilled and carrying job offers (a priority for the Conservatives). Essentially, they're invited. In the U.S., the U.K. and other nations, immigrants are those who arrive of their own accord.

Our buffers make our welcoming posture easier to achieve, warns Jeffrey Reitz, director of Ethnic, Immigration and Pluralism studies at the Munk School for Global Affairs. And studies have not conclusively shown that we're any better than the U.S. at integrating immigrants when they do arrive, he added.

As for the desperation with which anti-immigrant sentiment is flung, it's historically unnecessary.

"In every wave of immigration, people raise the alarm that society is being destroyed and in no case that I can think of has it come to pass," Reitz said.

A recent case in point: "In the '70s and early '80s, there was a big debate in Toronto about the fact Toronto was no longer, because of immigration, a majority British city."

And then?

"All the people that used to be in 'them' in the '70s and '80s, they then became 'us.'"

A more recent case in point: As I was talking with Matilda, a homeless man in a long trench and non-matching sneakers sans laces walked in.

"Here comes my boyfriend," she said.

"Candy?" the man asked.

"Yes, I have candy for you," she said. "One minute."

The man pulled up his pant legs to reveal bare ankles. "And socks."

"Yes, I have socks for you."

She turned back to me to deliver the punchline of the joke she was telling. "The third man says, 'I wrote him a cheque!'"

Then she laughed and then she moved off to retrieve her boyfriend's requests. One of us and, surely, one of the better.

Where immigration is concerned, Canada has something that others do not: control

'The Brazilian Way' of getting the job done

Kira Proctor

With only days to go before the opening ceremonies, there are growing concerns over whether Rio de Janeiro is prepared to host the Olympics.

Amid the published concerns, there are plenty of good reasons for doubt: a government in political turmoil, a state that is bankrupt, the potential threat of the Zika virus, unfinished stadiums void of workers or progress, similarly unfinished metro links, contaminated water in the harbour, and numerous reports of human rights violations, which include everything from forced evictions to police brutality.

The consensus in the media is clear: Rio is a disaster. Outside of the country, this news carries an element of shock. How could they let it get so bad? When I speak to friends in Brazil, my questions are met with tired shrugs and a quippy "What did you expect?" With a smirk that seems to combine celebration and cynicism, they add, "It's the Brazilian way."

Is there such a thing? Brazilians seem to think so. It even has a name: *jeitinho*. According to Brazilian anthropologist Lívia Barbosa, there is no English translation for the expression *dar un jeitinho*. She says, "'To pull a string' or 'to cut through the red tape' are the most similar idiomatic expressions I can find."

The *jeitinho* suggests a circumventing of official channels, along with a certain resourcefulness and creativity in getting what you need. Flirting with a bank teller to speed up a money order, slipping through a club's side door with the help of a bouncer, getting a co-worker to cover for you when you duck out early.

Most cultures employ analogous methods of pulling strings or helping each other out, so what makes the *jeitinho* unique? It seems to occur on an almost instinctual level for most Brazilians; it may be their first course of action, before even trying official channels. It is a favour asked for and given without the expectation of being repaid in anything but friendliness. There is no debt. It is a human practice — sympathetic, kind, helpful, and a great equalizing force in a society plagued by inequalities.

A similar bending of the rules goes on at the highest levels of government but sadly performs the opposite function. We're seeing it right now in the leadup to the Olympics. Take the wall erected along the highway from the airport to the touristy areas of the Zona Sul. Sold to locals as a sound barrier, it's obviously an attempt to block out some of Rio's most impoverished communities. It turns transparent any time there is something positive to look at — a newly built school, for instance.

"The Olympics pretext is awesome," Rio's mayor joked in 2012. "I need to use it as an excuse for everything. … Now all that I need to do, I will do for the Olympics. Some things could be really related to the Games, others have nothing to do with them." Was anyone laughing then? Are they now?

The *jeitinho* is Brazil at its best and worst. Whether Rio succeeds or fails in pulling off these Olympics, it will be largely because of the *jeitinho*.

Kira Proctor is a writer who spent three years living in Brazil, studying Portuguese, capoeira and Afro-Brazilian dance and culture.

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Your essential daily news

Starbucks recalls stainless-steel straws after reports of children suffering "mouth lacerations"

What's next for the kids?

This summer's hit show Stranger Things rides a Steven Spielberg-Rob Reiner vibe with its use of a solid young cast and early 1980s timeline to tell an engrossing sci-fi (with a side of horror) tale. It's only been on Netflix for about a month, but the pre-teen stars appear poised for bigger things. We check in on what's next. TORSTAR NEWS SERVICE

NOAH SCHNAPP
He plays Will Byers, the vanished boy who sets the story in motion. Before the show, the 11-year-old actor voiced Charlie Brown in The Peanuts Movie and played Tom Hanks' son in Steven Spielberg's Bridge of Spies. He'll be seen next as Otis, a "nine-year-old crossword fanatic" in family drama We Only Know So Much, alongside Jeanne Tripplehorn, Damian Young and Loudon Wainwright III. It's due out next year.

CALEB MCLAUGHLIN
Now playing likable Lucas Sinclair on Stranger Things, McLaughlin isn't ready to leave the '80s behind. He'll be seen next in New Edition: The Movie. The three-night miniseries to air on BET tells the story of the 1980s boy band, with McLaughlin playing the young Ricky Bell. Elijah Kelley takes over the role as the singer grows up.

GATEN MATARAZZO
The young actor described his character Dustin Henderson as "a gregarious, foul-mouthed 12-year-old boy" in an interview with IndieWire. His speech impediment is natural, so is his adorable smile. This is only his second TV role, but Matarazzo is no performing newcomer. When he's not on the Stranger Things set, he's busy playing Gavroche in musical Les Misérables.

FINN WOLFHARD
The Vancouver-born 13-year-old plays Mike Wheeler, leader of the group of guys at the heart of Stranger Things. And this is not the only horror-tinged project on his plate. There's plenty more spooky stuff going on for Wolfhard, who is now in Toronto shooting Andres Muschietti's two-part remake of It. He plays one of the seven kids in the Losers Club, Richie Tozier.

MILLIE BROWN
Playing Eleven, the mysterious girl with the shorn hair, fixed stare and psychokinetic skills, is the breakout role for the 12-year-old Spanish-born Brit. She's done a few TV guest spots, including Grey's Anatomy and Modern Family, and played young Alice in series Once Upon a Time in Wonderland. What's next could include a musical. Brown's YouTube site has her doing emotional renditions of songs by Amy Winehouse, Adele and John Lennon.

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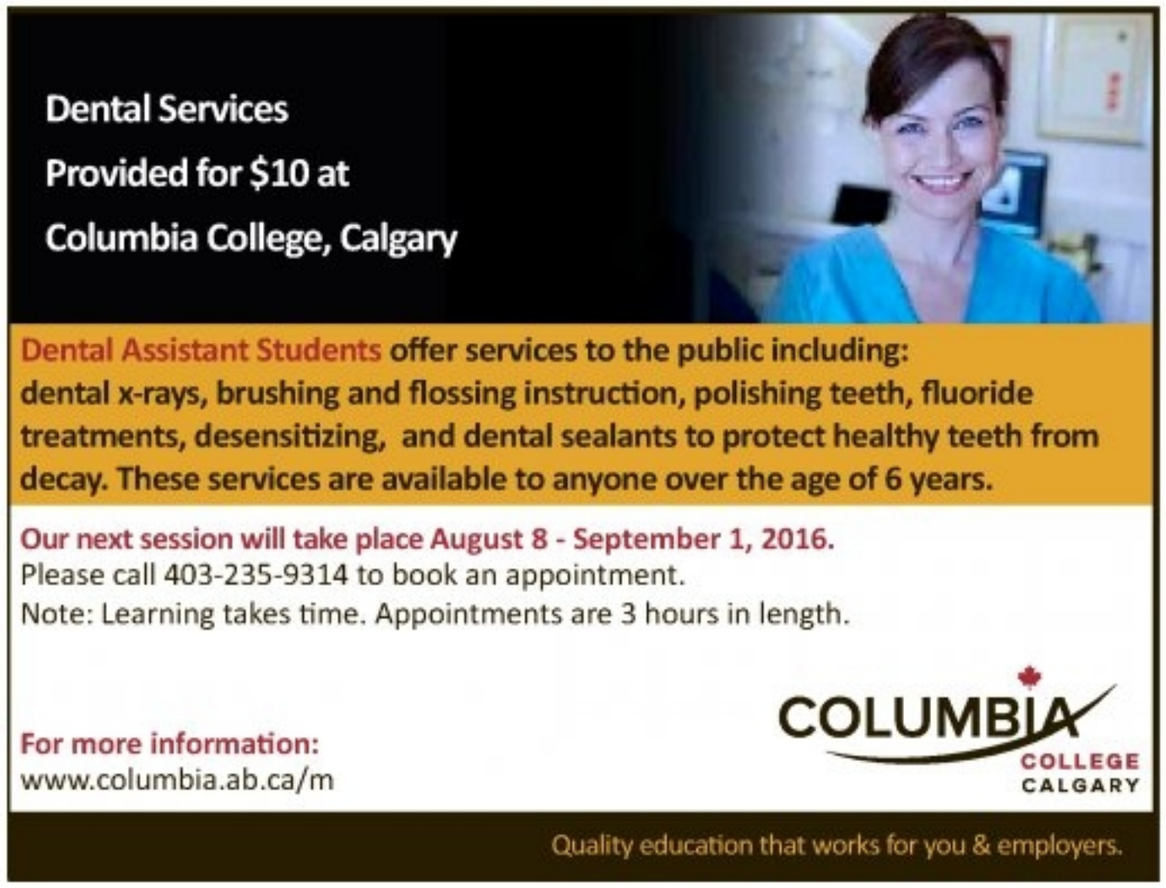
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New twist on old favourite

RECIPE

Caprese salad boasts creamy cheese, crunchy prosciutto

The Caprese salad is universally loved.

In Cravings, Chrissy Teigen's cookbook that she co-wrote with Gourmet magazine alumna Adeena Sussman, the model offers a new take on a summer favourite.

She uses burrata — fresh mozzarella with a creamy centre — and cuts the tomatoes in different shapes and sizes, some slices, some wedges.

She omits the traditional basil and adds arugula and delicious, crunchy prosciutto chips which take this Caprese from ordinary good to extraordinary great.

The prosciutto chips (she calls them crisps) are easy to prepare and make such a difference. You can substitute them in almost any recipe that calls for bacon.

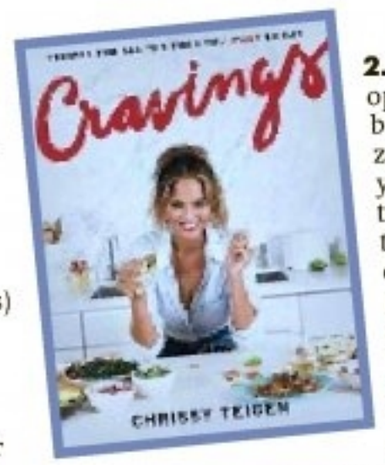
This Caprese salad uses burrata — fresh mozzarella with a creamy centre. CONTRIBUTED

Caprese salad with crispy prosciutto

Serves 6.

Ingredients:

- 4 cups baby arugula
- 1 (8-ounce) ball burrata or fresh mozzarella cheese
- 2 pounds assorted ripe tomatoes cut in a variety of shapes (wedges, slices, chunks, etc.)
- 3 tablespoons best-quality olive oil
- 1 tablespoon balsamic vinegar
- 1-2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6-12 prosciutto crisps (recipe follows)



Directions:

1. Scatter the arugula on a serving platter and place the cheese in the centre. Arrange the tomatoes around the cheese.

2. Cut a small opening in the burrata/mozzarella ball so you can see the centre, and then drizzle olive oil all around the platter.

3. Drizzle balsamic vinegar on the tomatoes and arugula. Season with the salt and pepper and top with the prosciutto crisps.

Prosciutto crisps

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.

2. Arrange prosciutto on the baking sheet.

3. Bake until wrinkled and slightly shrunken, 11 to 13 minutes. (It will crisp as it cools.)

4. Cool, eat whole as a snack, or crumble and use as a garnish for salads, or anything that could use crispness.

THE ASSOCIATED PRESS

U.S. RESEARCH

Medical benefits of flossing not proven

It's one of the most universal recommendations in all of public health: Floss daily to prevent gum disease and cavities.

Except there's little proof that flossing works. Still, the U.S. government, dental organizations and manufacturers of floss have pushed the practice for decades. Dentists provide samples to their patients; the American Dental Association insists on its website that, "Flossing is an essential part of taking care of your teeth and gums."

The U.S. federal government has recommended flossing since 1979, first in a surgeon general's report and later in the Dietary Guidelines for Americans issued every five years. The guidelines must be based on scientific evidence, under the law. Last year, the Associated Press asked the departments of Health and Human Services and Agriculture for their evidence, and followed up with written requests under the Freedom of Information Act.

When the federal government issued its latest dietary guidelines this year, the flossing recommendation had been removed, without notice. In a letter to the AP, the government acknowledged the effectiveness of flossing had never been researched, as required. The AP looked at the most rigorous research conducted over the past decade, focusing on 25 studies that generally compared the use of a toothbrush with the combination of toothbrushes and floss. The findings? The evidence for flossing is "weak, very unreliable," of "very low" quality, and carries "a moderate to large potential for bias."

"The majority of available studies fail to demonstrate that flossing is generally effective in plaque removal," said one review conducted last year.

National Institutes of Health dentist Tim Iafolla acknowledged that if the highest standards of science were applied in keeping with the flossing reviews of the past decade, "then it would be appropriate to drop the floss guidelines."

Regardless, he added, people should still floss.

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ALL PHOTOS LEE BAILIE

REVIEW

Collab? Compact? Crossover? Cool.

Sami Haj-Assaad
AutoGuide.com

Today's review of the Infiniti QX30 is brought to you by the letter C. C, as in collaboration, compact and crossover — all words that apply directly to this all-new vehicle from the Japanese automaker.

See, this new vehicle from Nissan's luxury arm was developed with some help from a German rival: Daimler, the folks behind Mercedes-Benz.

The platform and powertrain are all Mercedes derived, and you can get a very similar car to the QX30 with the Mercedes GLA 250. Plus, it features a nicely crafted cabin and refined driving dynamics.

Infiniti wants customers to think of the QX30 as a family of vehicles with three versions: the base QX30, the QX30 Sport and the QX30 AWD,

One of the bigger complaints we had with the Mercedes GLA is the lack of rear seat space. Sadly, the QX30 offers even less passenger volume than the GLA, but provides more cargo room. This is more than the Lexus NX, BMW X1 and Audi Q3. Despite being called a crossover, the QX30 and QX30 AWD are actually lower in height than most of those cars. Only the GLA 250 is lower than the QX30 AWD, by 0.2 of an inch.

Competing with cars like the BMW X1, Audi Q3, Lexus NX and Mercedes GLA isn't easy, but a low price tag, several models and attractive styling will help Infiniti move units. And once you drive a QX30, things get more impressive.

Unlike the GLA it has so much in common with, the QX30 feels more refined, particularly in regards to the powertrain. Where we found the seven-speed dual clutch to be lazy and jerky in the GLA, the QX30 felt much more normal in comparison.

The engine is quick enough and powerful, although high-speed passes will take extra planning. The turbo thrust is pretty good, although the QX30 AWD felt less sprightly off the line. I'd chalk that up to the extra weight of the all-wheel drive.

Still, the porkiest version of this vehicle (QX30 AWD with the Premium package) weighs under 1,588 kilograms, meaning the engine should be quite efficient.

THE CHECKLIST | 2017 INFINITI QX30

THE BASICS

Engine: 2.0-litre turbocharged four-cylinder
Power: 208 horsepower and 258 lb-ft of torque
Transmission: Seven-speed dual clutch automatic
Fuel Economy: TBD
Pricing: Expect it to start at in the mid-$30K, U.S.

LOVE IT

- Refined
- Stylish
- Nice Interior

LEAVE IT

- Cramped rear seat
- Noise
- Low height for a crossover

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Putting the wrong fuel in your car is a surprisingly common mistake that no one ever wants to admit to, but don't worry, we have your back. ISTOCK

Using the wrong fuel can be really costly

CAR CARE

Some mistakes are worse than others

Sami Haj-Assaad
AutoGuide.com

Does your car need regular fuel or premium? Gas or diesel? What happens if you put the wrong fuel into your car?

The results vary wildly from case to case, but you need to be careful about what kind of fuel you put in your car and be aware of what effects your actions might have.

What happens when you put diesel in a gas car?

Due to the different types of nozzles used for gas and diesel fuel at stations, its usually kind of difficult to mix them up, but mistakes do happen.

If you realized your mistake, the important thing is to stop driving the car. Parking and turning off the engine will limit the damage that will occur. Otherwise, the car will use up the remainder of the gas in the tank and eventually shut down, since gas engines can't combust diesel.

What you need to do is drain the tank and fuel lines, fuel rails and injectors of the diesel fuel. You can try to do this yourself, but a mechanic will be better suited to handle this kind of work. Usually, there's no permanent damage, but this kind of fix can cost anywhere between $500 and $1,000 U.S. plus the cost of a tow to the closest mechanic.

How about gas in a diesel car?

Going the other way around is far more harmful and dangerous for your car. Diesel is not only a fuel, but serves as a lubricant as well, so you can really damage the fuel-injector pump by using gasoline instead of diesel.

That's not the only thing that can go wrong. Diesel and gasoline have different combustion properties, meaning that gas would detonate much earlier in a diesel engine. As a result, you'll get misfires and knocking that will require certain parts of the engine to be repaired, rebuilt or replaced, which will be expensive.

If you discovered that you accidentally put diesel into your gas-powered car, you need to stop running the engine immediately and get a tow to a mechanic, where they will drain and clean your system.

Premium fuel in a car that doesn't need it?

Sorry to burst your bubble, but nothing significant will happen. In some cases, like while towing or in hot, dry weather you might see a slight benefit, but due to the engine computers adjusting their timing automatically to compensate for the increased octane levels, no damage or noticeable benefits will occur.

Regular gas in a car that needs premium?

On the other hand, using lower octane fuel in a car that calls for premium can cause some serious internal damage. You'll likely notice the spark knock, which is best described as a sort of a high-pitched pinging or rattling noise. Fortunately, the engine computers can adjust timing to limit the amount of damage caused, but you'll definitely notice reduced performance and worse fuel economy. Switch back to premium fuel as soon as you can, because all that spark knock can cause long-term damage.

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metro SPORTS

Mother Nature will no longer be a problem at the U.S. Open now that the new retractable roof is up and running over Arthur Ashe Stadium

Semenya at heart of intersex debate

ROAD TO Rio

Testosterone question

South African runner able to compete but cases roll on

Caster Semenya races to victory in the women's 800-metre final during the Doha IAAF Diamond League 2016 meeting at Qatar Sports Club in May. The South African runner's intersex condition has created controversy and challenged the sex divide in sports. WARREN LITTLE/GETTY IMAGES

It seems the sports world just doesn't know what to do with an athlete like Caster Semenya. The South African runner, and others like her, may present one of the greatest dilemmas for the perception of fairness in sports.

Athletes like Semenya with intersex conditions — those that don't conform to standard definitions of male or female — debunk any presumption that everyone fits neatly into those definitive categories in sports.

According to sports scientist Ross Tucker, "the biology isn't quite as simple as that."

Semenya's story is well-known. As an 18-year-old newcomer at the 2009 world championships, she dominated the best women's 800-metre runners. The gap between her and the defending world champion, who finished second, was astounding. Semenya celebrated by showing off her bicep muscles, stoking a controversy sparked hours earlier by revelations that she had undergone sex verification tests.

She was later sidelined for 11 months by world track's governing body, the IAAF, and was only cleared to run again in 2010. She returned and won a silver medal in the 800 at the 2012 Olympics. Now 25 and the favourite for gold at the Rio Olympics, Semenya has been pursued by gender questions. But her case has never been about a man masquerading as a woman.

Semenya is a woman because she says she's a woman, was legally recognized at birth as female, treated as female, and identified as female. Nobody can dictate to Semenya what gender she is. But since the 1950s, track and field has conducted sex testing to protect women's competitions, initially using basic anatomy tests, and later chromosomes. The tests didn't work.

Sex testing in sports should be about preventing an unfair advantage and, therefore, not about genitalia or chromosomes, which don't make athletes run faster, jump higher or throw farther. What does, according to the IAAF, is testosterone.

The IAAF says testosterone is the most significant factor in athletic performance. Men, generally, have more testosterone than women. In 2011, the IAAF officially drew a line between men and women in terms of testosterone. The issue it sought to resolve was hyperandrogenism — high levels of naturally occurring testosterone in some women that apparently gave them a competitive advantage.

Tucker said research conducted by the IAAF showed six women with intersex conditions competed at the 2011 world championships. Joanna Harper, an expert on gender in sports and a consultant to the IAAF, thinks two female medallists at this year's indoor world championships are probably intersex, and estimated 5-10 intersex athletes will compete in track and field at the Rio Olympics.

Six years after Semenya was subjected to the IAAF tests, the lid was lifted on her situation in 2015. That's when Indian sprinter Dutee Chand went to the Court of Arbitration for Sport — the highest court in world sports — and challenged the IAAF rules that regulated testosterone in hyperandrogenic women.

The case forced the IAAF to publicly defend its rules that for hyperandrogenic women to be eligible to compete as women, their testosterone levels must be below a certain mark. It came down to a tiny measurement: how many nanomoles — a billionth of a mole — of testosterone a woman had per litre of blood. It couldn't be 10 nanomoles or more per litre, roughly the lower end of the male range. If it was 10 or higher, it had to be lowered. Harper said the testosterone levels of these hyperandrogenic women could be lowered either through the removal of internal testes or with hormone-suppressing medication.

> **They are fully in keeping with the Olympic spirit.**
> Former Olympic runner Bruce Kidd

Former Olympic runner Bruce Kidd, a professor of physical education and an adviser to Chand, opposes the testosterone-limiting rule. He argues that the testosterone is natural in these women, and although men produce more of it, "there is nothing to say that testosterone is a male hormone."

"Dutee and Caster are (competing) with their own chemicals," Kidd said. "They are fully in keeping with the Olympic spirit of being true to yourself and playing without doping. So why are they being castigated for that? I think it is so unfair."

Significantly, the IAAF accepted that its rules were basically discriminatory but were devised in search of a greater justice: fairness for women's track and field. Chand — and by default, Semenya — won an interim decision last year in the Court of Arbitration for Sport case, but on a different reasoning. The IAAF didn't have definitive evidence to show how much of an advantage the extra testosterone gave hyperandrogenic women. CAS gave the IAAF until July 2017 to provide the evidence needed to reinstate the rule, which won't be in place in Rio. THE ASSOCIATED PRESS

SAFE LANDING

Brazil welcomes Canadian athletes

Saskatoon's Gavin Schmitt, a six-foot-10 volleyball player, says his bed in the Olympic athletes' village is long enough and fits him just fine.

Gavin Schmitt GETTY IMAGES

Canada's athletes joined those from Angola, Malaysia and Figi in a welcoming party for the four countries at the village just outside the Barra Olympic Park on the west side of Rio. They were entertained with dancing and song.

Water leaks, exposed electrical wires and inadequate plumbing delayed Australia's move into the village last week.

But Schmitt and others in the Canadian contingent of 314 athletes say they have light, hot water, functioning toilets and good food in the village.

The opening ceremonies are Friday but Canada starts competing Wednesday when the women's soccer team faces Australia in a preliminary-round match. THE CANADIAN PRESS

OLYMPICS IN BRIEF

Japan athlete escapes whopping Pokémon Go bill

Japanese Olympic gymnast Kohei Uchimura may be a record six-time world champion, but he won't be encountering much success in his Pokémon Go efforts after running up a huge roaming bill in Rio.

Uchimura was stunned to receive a 500,000 yen ($4,900 US) mobile bill after playing the popular augmented-reality game. Thankfully for him, his Japanese carrier service agreed to reduce his bill to a 3,000 yen ($30) daily all-you-can-use contract. Uchimura is the reigning gold medallist in the men's all-around competition. THE ASSOCIATED PRESS

IOC blames anti-doping officials for tainting games

IOC president Thomas Bach lashed out Tuesday against those calling for the "nuclear option"' — a complete ban on Russian athletes from the Rio de Janeiro Games — as he and other members blamed global anti-doping officials for a scandal that has rattled the Olympic movement.

Bach opened the IOC's three-day general assembly by seeking formal backing of the members for the executive board's handling of the Russian doping scandal. After a debate lasting more than two hours, Bach asked for a show of hands, and only one of the 85 members — Britain's Adam Pengilly — voted against his position. THE ASSOCIATED PRESS

NHL

Woman says Sabres' Kane attacked her

A 21-year-old Buffalo woman has sued Sabres forward Evander Kane, saying he seriously injured her in the hotel room where he lives.

Documents filed July 1 in Erie County State Supreme on behalf of Rachel Kuechle Court say Kane met her in a bar, invited her to what he said was a party and then attacked her, causing cuts and bleeding that required multiple surgeries.

Without providing details of how she was injured, her lawyers said Kuechle suffered "serious emotional trauma" and "serious, permanent and painful personal injuries."

Kane's actions are described as "unwanted, unconsented to, violent and offensive in nature physical battery," according to court papers.

No monetary damages were specified in the lawsuit. A message left for Kuechle's lawyer wasn't immediately returned.

Kane had been cleared in March of any criminal charges after authorities investigated the Dec. 27 encounter initially described as a possible sexual assault. THE ASSOCIATED PRESS

RECIPE Fresh Salmon Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This gourmet burger is a healthy twist on the summer staple. Big chunks of fresh salmon make it satisfying, yet surprisingly easy to make.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Do not use a food processor. You will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

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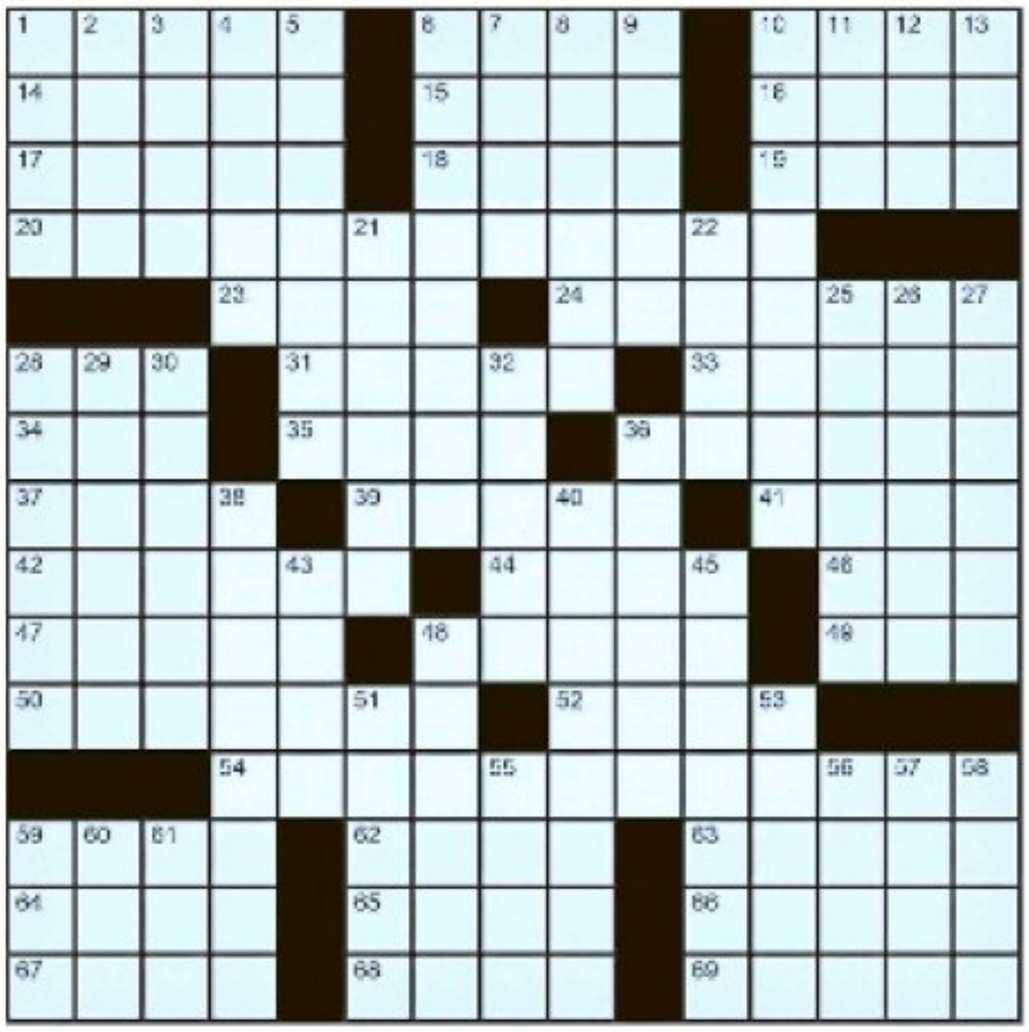
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "Is there __ Eliza Doolittle in 'Pygmalion' by G.B.S.?" A. "Indeed."
6. Eat away at
10. Pack away
14. Aqua-denizen, with Ray
15. Oscar-winning composer Nino
16. Rum cocktail, __ Libre
17. Spoken/heard
18. Mirror __ __ House: The Autobiographies of Sean O'Casey
19. Water wader
20. "When I Get Back" is a song by this former Montreal indie duo with the 2011 album 'Sound Kapital': 2 wds.
23. Ms. Gilbert of "Roseanne"
24. TV show segment
28. "__ for two and me for..."
31. Stockpile
33. Fable's lesson
34. Carol of fashion covers
35. Joint pain site
36. Amalgamated
37. __-mucil (Fiber supplement brand)
39. __ tomatoes (Posh salad ingredients)
41. Equivalent
42. Retaliate
44. Doing word
46. Foes to yeses
47. Rocker Mr. Kravitz
48. Merle Oberon title role film of 1941
49. Summer bug
50. Certify
52. Hostels
54. Shania Twain slow song/video: 4 wds.
59. Sound system sort
62. Singe
63. __ acid
64. Mr. Rickman of reels
65. Present
66. Like green-covered cheese, variantly
67. Smelting waste
68. Stagnate
69. Authorization

DOWN
1. Nursemaid
2. __ fide (In bad faith)
3. Aware of the birthday surprise: 2 wds.
4. Diamond earring choices
5. Army private character created by cartoonist George Baker: 2 wds.
6. One pulling a displeasurable face
7. Zippo
8. Money-from-the-wall charge: acronym + wd.
9. Where to look on "Friendly Giant": 2 wds.
10. Crafts kit items
11. Bathroom feature
12. __-Wan Kenobi
13. Music producer Don
21. Particular popsicle
22. Icy layer
25. Star Wars: Princess Leia __
26. Bounced-back e-mail source, Mailer-__
27. Firstborn
28. Steamed-in-corn-husks dish
29. 7-__ (Convenience store chain)
30. Go to the party
32. Leaden
36. Sheep of Spain known for its quality fleece
38. Bothersome
40. Aristocrat's ancestry
43. Greek pita serving
45. Small fowls
48. Made the riverbanks resistant to rising waters
51. Seaweed-wrapped appetizer
53. South Pacific island group
55. Dixie Chicks hit: "Goodbye __"
56. Knavish
57. Ampersands
58. Stringed toy classic
59. Owns
60. "__ say!"
61. Flight watchdog, commonly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Parents should be vigilant about their children, because this is a mildly accident-prone day for them. Meanwhile, expect sudden invitations to fun events!

Taurus April 21 - May 21
Your home routine will be interrupted today. Perhaps small appliances will break down or minor breakages could occur. Because things are a bit willynilly, be patient with family members.

Gemini May 22 - June 21
Expect to meet a new friend. Or perhaps you will discover a new place? That's because whatever happens today will be a bit unusual, and it will happen suddenly.

Cancer June 22 - July 23
Keep your eye on your money and possessions today. Financial matters might be unpredictable. If shopping, count your change and keep your receipts.

Leo July 24 - Aug. 23
There is a lot of energy and electricity in the air today! This makes you feel independent and ready to do your own thing. You also feel impulsive!

Virgo Aug. 24 - Sept. 23
Something unexpected that occurs behind the scenes might catch you off guard today. Allow a little extra time in your day so you can cope with this.

Libra Sept. 24 - Oct. 23
A friend might surprise you today. Or perhaps, you will meet someone new who is unusual. Scheduled meetings might be cancelled or changed.

Scorpio Oct. 24 - Nov. 22
Your ambition is aroused today; however, be courteous with authority figures. Even though you have unusual ideas, wait for the right time to present them. Today might not be the day.

Sagittarius Nov. 23 - Dec. 21
Unexpected travel opportunities might fall in your lap today. Meanwhile, school schedules are subject to change. You will learn something new and unusual.

Capricorn Dec. 22 - Jan. 20
Matters related to shared property, inheritances and debt will hold some surprises for you today. Make sure you know what's going on. Check your bank account.

Aquarius Jan. 21 - Feb. 19
Feelings of independence might boomerang today, because partners and close friends will react to you. Possibly they want more freedom! (And so it goes.)

Pisces
Feb. 20 - March 20
Your job routine will not be predictable today. Computer glitches and difficulties with machinery might create delays. Changes in personnel also make this an unpredictable day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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5		9			6			7
				8			5	
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2		1		7		8		4
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4			3			5		1
	8			1			4	

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Your daily crossword and Sudoku answers from the play page.

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7	3	8	6	2	4	9	1	5
2	9	4	1	3	5	8	7	6
6	2	1	4	8	9	7	5	3
8	5	9	3	1	7	2	6	4
4	7	3	5	6	2	1	8	9
9	6	2	8	7	3	5	4	1
3	8	5	2	4	1	6	9	7
1	4	7	9	5	6	3	2	8

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